WHAT IS CLAIMED IS:

1. An exercise apparatus, comprising:

a frame;

a leg driven member movably connected to the frame;

an arm driven member movably connected to the frame; and

a selecting means for selecting between three arm exercise modes, wherein in a first mode, the selecting means locks the arm driven member against movement relative to the frame, and in a second mode, the selecting means links the arm driven member to the leg driven member to be movable together therewith relative to the frame, and in a third mode, the arm driven member is free to move relative to both the frame and the leg driven member.

2. The exercise apparatus of claim 1, wherein the leg driven member is part of a linking means, interconnected between a foot support and the frame, for linking the foot support to the frame in such a manner that the foot support is free to move in a generally vertical direction relative to the frame and free to move in a generally horizontal direction relative to the frame.

3. The exercise apparatus of claim 2, wherein the leg driven member is connected to the frame and rotatable relative thereto about an axis, and the arm driven member is also connected to the frame and rotatable relative thereto about the axis.

4. The exercise apparatus of claim 3, wherein the selecting means includes a pin which is sized and configured to insert into a hole in the leg driven member and a selectively aligned hole in the arm driven member to select the second mode of operation.

5. The exercise apparatus of claim 4, wherein the pin is also sized and configured to insert into a hole in the frame and another selectively aligned hole in the arm driven member.

6. The exercise apparatus of claim 1, further comprising a resistance means, interconnected between the arm driven member and the frame, for resisting movement of the arm driven member relative to the frame.

7. The exercise apparatus of claim 6, wherein the resistance means includes a friction disc, compressed between the arm driven member and the frame, and a thrust bearing, disposed between the arm driven member and a link which is interconnected between the leg driven member and the frame.

8. The exercise apparatus of claim 7, wherein the resistance means further includes another thrust bearing, disposed on an opposite side of the leg driven member and disposed between the leg driven member and an adjustment knob which is rotatable relative to the frame in order to adjust compression of the friction disc.

9. The exercise apparatus of claim 1, wherein the selecting means includes a pin which is sized and configured to insert into a hole in the arm driven member and a selectively aligned hole in the leg driven member, in order to select the second mode of operation.

10. The exercise apparatus of claim 9, wherein the pin is also sized and configured to insert into a hole in the frame and another selectively aligned hole in the arm driven member.

11. An exercise apparatus, comprising:

a frame;

a leg driven member movably connected to the frame;

an arm driven member movably connected to the frame; and

a pin movable to a first position, free of the arm driven member and the frame, a second position, interconnected between the arm driven member and the frame, and a third position, interconnected between the arm driven member and the leg driven member.

12. The exercise apparatus of claim 11, wherein the leg driven member rotates about an axis relative to the frame.

13. The exercise apparatus of claim 12, wherein the pin is sized and configured to insert into a hole in the leg driven member and an aligned hole in the arm driven member.

14. The exercise apparatus of claim 13, wherein the pin is insertable into any of several holes in the arm driven member which are alternatively aligned with the hole in the leg driven member in order to lock the arm driven member in alternative orientations relative to the leg driven member.

15. The exercise apparatus of claim 13, wherein the pin is also sized and configured to insert into a hole in the frame and another aligned hole in the arm driven member.

16. The exercise apparatus of claim 15, wherein a reference line may be drawn transversely through the holes in the arm driven member and the hole in the frame.

17. The exercise apparatus of claim 15, wherein the pin is insertable into any of several holes in the arm driven member which are alternatively aligned with the hole in the frame to lock the arm driven member in alternative orientations relative to the frame.

18. The exercise apparatus of claim 11, wherein the pin is sized and configured to insert into any of several holes in the arm driven member which are alternatively aligned with the hole in the frame to lock the arm driven member in alternative orientations relative to the frame.

19. The exercise apparatus of claim 11, further comprising a friction disc, disposed between the arm driven member and the frame, and a thrust bearing, disposed between the arm driven member and the leg driven member.

20. The exercise apparatus of claim 19, further comprising another thrust bearing, disposed on an opposite side of the leg driven member and disposed between the leg driven member and an adjustment knob which is rotatable relative to the frame in order to adjust compression of the friction disc.

21. An exercise apparatus which offers three different modes of exercise, comprising:

a frame;

a first exercise member connected to the frame and rotatable relative thereto about an axis;

a friction disc disposed between the first exercise member and the frame;

a second exercise member connected to the frame and rotatable relative thereto about the axis;

a first thrust bearing disposed between the second exercise member and the first exercise member;

an adjustment knob connected to the frame and rotatable relative thereto about the axis;

a second thrust bearing disposed between the knob and the second exercise member; and

a locking means for selectively locking the first exercise member against rotation relative to the frame and for selectively locking the first exercise member against rotation relative to the second exercise member.

22. The exercise apparatus of claim 21, wherein the locking means includes a pin which is sized and configured to insert into a hole in the second exercise member and an aligned hole in the first exercise member.

23. The exercise apparatus of claim 22, wherein the pin is insertable into any of several holes in the first exercise member which are alternatively aligned with the hole in the second exercise member in order to lock the first exercise member in alternative orientations relative to the second exercise member.

24. The exercise apparatus of claim 22, wherein the pin is also sized and configured to insert into a hole in the frame and another aligned hole in the first exercise member.

25. The exercise apparatus of claim 24, wherein the pin is insertable into any of several holes in the first exercise member which are alternatively aligned with the hole in the frame to lock the first exercise member in alternative orientations relative to the frame.